



# Wellness Fair

Join us for a series of workshops on health and wellbeing for women, by women.

**February 6, 2021**  
**9am- Noon PST**

Presented by NFBPWC Health Committee

# WELLNESS FAIR

## AGENDA

**9:00-9:15AM PST**

*Opening Remarks*

President Megan Shellman-Rickard

**9:15-9:45AM PST**

*Keynote Presentation*

Heart Health for Women: Key Steps for a Strong, Healthy Heart by Dr. Cindy Geyer

We will review how risk factors and symptoms for heart disease may differ for women, as well as what biomarkers can tell you about the health of your heart. Learn what you can do to keep your heart healthy and strong – from the foods you eat to the way you move, sleep, manage stress, and connect with family and friends.

**9:45-10:00AM PST**

*Break/Transition*

**10:00-10:25AM PST**

*Workshop Series #1*

- 1A. CPR and First Aid for Everyone
- 1B. Mind the Five "F's" and Stay Safe!
- 1C. Medicare for All

**10:25-10:30AM PST**

*Break/Transition*

**10:30-10:55AM PST**

*Workshop Series #2*

- 2A. The Energy Within... from the Heart
- 2B. Health and the Environment
- 2C. COVID-19 Vaccines

**10:55-11:00AM PST**

*Break/Transition*

**11:00-11:25AM PST**

*Workshop Series #3*

- 3A. Women's Health & Wellness
- 3B. Pounce! Humor and Play in Wellness
- 3C. 3 Steps to Reboot your Mind & Reshape your Body

**11:25-11:30AM PST**

*Break/Transition*

**11:30-Noon PST**

*Closing*

# KEYNOTE SPEAKER

## Cynthia Geyer, M.D.

Dr. Cindy Geyer received her bachelor of science and her doctor of medicine degrees, with honors, from the Ohio State University. She completed her residency in internal medicine at Strong Memorial Hospital in Rochester, N.Y. and is triple board certified in internal medicine, integrative medicine and lifestyle medicine. She is the medical director at Canyon Ranch where she has practiced for 21 years. Dr. Geyer is also one of the core faculty members at The Center for Mind-Body Medicine's (CMBM) "Food as Medicine" conference, teaching physicians and other health care professionals how to use food and lifestyle to address health concerns in their own lives and those of their patients. She has served on the Board of Directors for the American College of Lifestyle Medicine and is the case series editor for the American Journal of Lifestyle Medicine. A clinician, educator, and mother, she is passionate about collaborative approaches to health and wellness: from the integrative team model in working with individual patients to community partnerships that together can effect healthy changes in the places people live and work. She loves walking and hiking, participating in the Massachusetts chapter of Cystic Fibrosis annual Xtreme Hike: traversing 25 miles in one day to raise funds and awareness for cystic fibrosis research. Her other passions include both designing and creating jewelry, honing her skills on the djembe, and listening to her sons play music.



# WORKSHOP SESSION #1:

10:00-10:25AM PST

The following workshops will occur concurrently, when registering please choose one to attend.

## CPR and First Aid for Everyone Marsha Riibner-Cady

1.A

*It's a medical emergency, what should you do? Relax and join us to learn the basic skills that everyone can do!*



## Mind the Five "F's" and Stay Safe! Nermin K. Ahmad



*This presentation covers awareness of fingers, feet, face, feelings and feces (the five "F's"!) as well as creating an exclusion zone for your home providing life lessons for reducing exposure to illnesses and undesirable disease vectors.*

1.B

## Medicare for All Dr. Jessica Schorr Saxe

1.C

*What it is, how it will be funded, why it is eminently affordable, how the pandemic has made it even more clear that it is needed, and how it will help the country, business, and individuals. These questions will be answered in this session.*



# WORKSHOP SESSION #2:

10:30-10:55AM PST

The following workshops will occur concurrently, when registering please choose one to attend.

## The Energy Within... from the Heart

Dr. Trish Knight

2.A

*Every system in your body must work together to maintain good health. Learn about the power of your body's energy to support your heart and other vital organs.*



## Health and the Environment

Hyon K. Rah



*The old adage of everything being related is especially true when it comes to our health and the environment. This workshop explores some of today's most pressing environmental issues and how they affect our health, wellbeing, and collective welfare.*

2.B

## COVID-19 Vaccines

Diana Herrero

2.C

*Provide an overview of the current COVID-19 vaccines available, getting the vaccine, and what people can do now*



# WORKSHOP SESSION #3:

11:00-11:25AM PST

The following workshops will occur concurrently, when registering please choose one to attend.

## Women's Health & Wellness: A Review of Age-based Guidelines

Dr. Rachel Elizabeth Gordon



3.A

*Learn current screening guidelines for women, who needs what tests at what age, and the steps you can take towards good health.*

## Pounce! Humor & Play in Wellness

Jacqueline Delibes



*In this talk, learn how humor and playfulness have been used in the past to help us heal, what science has to say about laughter, and why making room for amusement is more important now than ever.*

3.B

## 3 Steps to Reboot your Mind and Reshape your Body

Dr. Inessa Zaleski

3.C

*If you tried dieting, you surely discovered that it doesn't work and your body loses muscle and gains Fat. If you are interested in fast and effortless results to release unhealthy eating habits and rediscover your sexy body, join us for this informative session.*



# SPEAKER BIOS

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## Marsha Riibner-Cady, Cady CPR Solutions



Marsha Riibner-Cady has been a BPW member since 2009. She held all the positions in her local Virginia Dare and NC state clubs except treasurer. This includes being the club president for 2 years at each.

Her theme as state president was "Building Powerful Women: Making Connections!" She was the 2018-2020 secretary for NFBPWC.

Marsha has a degree in biology with a minor in chemistry and is a trained and licensed medical technologist. Her first job after college was at The Johns Hopkins hospital blood bank. From there she went to Boston to work on her master's degree in medical laboratory science but took a detour to become a laboratory sales rep. That's where she met, Lyle, her husband of 31 years. They were married in Grand Cayman. While living in Virginia, their sons, Roland and Mitchell were born. Both sons are eagle scouts, college graduates and have "essential" jobs.

Marsha and Lyle live on the outer banks of NC with 2 rotties, Astoria and Indie. When there is not a global pandemic, Marsha and Lyle enjoy spending time in their co-op in Astoria, Queens and in their cabin in WV (built in 1789).

Marsha was the director of the five After-School Enrichment Programs for Dare County Schools, NC for 8 ½ years until July 31, 2020 when she was laid off. She started her own business, Cady CPR Solutions. Marsha trains anyone interested in learning CPR and First Aid virtually and in person. Contact Marsha through her website at [cadycprsolutions.com](http://cadycprsolutions.com).

## Nermin K. Ahmad



Nermin K. Ahmad has 35 years' hands on experience with emergency management, sustainable development and resilience building in the US and overseas. She worked with hazardous materials under Superfund, sampling and preparedness plans for Bio-threats; and has created community immunization programs, developed the 2009 Influenza Health and Safety Plan for NYC, NY, and is 40-hour Health and Safety Trained. She has kept indigenous peoples, her teams and family safe with simple to implement actions that become part of daily life.

Nermin Ahmad received her Bachelor's from Harvard University, and her MSc from the London School of Economics and Political Science, was an auditor at Sciences Politiques in Paris, and received certificates in Human Rights from the Renee Cassin Institute in France, and in Stakeholder Engagement from Witswatersand University in Johannesburg, South Africa.

## Jessica Schorr Saxe, M.D.



Dr. Jessica Schorr Saxe worked as a family physician for the underserved for Carolinas HealthCare System for 34 years before retiring in 2015. In practice, she saw daily examples of people who did not get needed care for financial reasons, which strengthened her conviction that everyone should have access to health care.

She chairs Health Care Justice—NC, which advocates improved Medicare for All as the most effective, economic way to extend high-quality health care to all. It is a chapter of Physicians for a National Health Program of which she is on the national board.

She has won many awards, including the Council for Children Dolly award for child advocacy, the Mecklenburg County Medical Society President's Award, and the YWCA Woman of Achievement award.

A graduate of Oberlin College and Tufts University School of Medicine, she did her family medicine residency at Duke. She is married and has 4 children and 2 grandchildren.

## Trish Knight, M.Ed., DCRC



Trish Knight holds a Doctorate of Clinical Religious Counseling (DCRC). Although semi-retired, she continues to practice Contact Reflex Analysis (CRA™), a subtle-energy technique based on analysis and management to correct conditions caused by nutritional, emotional and/or structural imbalances.

She is the current chair of the NFBPWC Mentoring Program and a member of the Lifelong Leadership and Learning (L3P) Committee. She served as the organization's president from 2012 to 2013.

[mentoring@nfbpwc.org](mailto:mentoring@nfbpwc.org)  
269-275-4201

## Hyon K. Rah



Hyon K. Rah, LEED AP, ENV SP, EcoDistricts AP, is an interdisciplinary practitioner in sustainable development and building systems, energy, and water management. She helps private and public sector developers, owners, and investors align their financial and organizational goals with sustainability and climate resilience priorities through technical, strategic, and educational support. Communicating in five languages, she has worked in over 30 countries, navigating different disciplinary, cultural, and regulatory landscapes. As an appointed member of the Baltimore County Design Review Panel, Rah is part of providing binding recommendations on sustainability and resilience to developers, designers, and planners in the region. She is adjunct professor at the University of the District of Columbia and at Goucher College, where she devotes time to teaching courses on sustainability and climate resilience and mentoring future professionals in sustainable development and historic preservation. She leads pro-environment initiatives as Chair of Environment & Sustainable Development Committee for National Federation of Business and Professional Women's Clubs (NFBPWC). Rah received her Master of Architecture from the University of Michigan and her Master of Science in water management and hydroinformatics through the European Commission's EuroAquae Programme, a consortium of five EU-based universities. She is principal and founder of RAH Solutions, a Washington-DC based consultancy.

## **Diana Herrero, M.S.**



Diana Herrero is a public health professional with more than 18 years of experience in legislative and regulatory policy, immunization and emergency preparedness program management, and strategic planning. She is the lead for Colorado's COVID vaccine strategy and the interim deputy director of the division of disease control and public health response within the Colorado Department of Public Health and Environment. She has a bachelor's in biology and a masters in environmental science and engineering.

## Rachel Elizabeth Gordon, M.D.



Dr. Rachel Elizabeth Gordon is an Assistant Professor of Family Medicine at Truman Medical Center in Kansas City. A teaching hospital for the University of Missouri Kansas City Family Medicine Residency. Located in an urban community that serves a diverse population. Dr. Gordon's areas of clinical interest include women's health and full spectrum family medicine. Dr. Gordon has a passion for educating resident physicians, medical students and her patients.

## Jacqueline Delibes



Jacqueline Delibes uses her own life-long healing journey (long story) and storytelling expertise (fun story) to mentor organizations, deepening team bonds to maintain a stellar culture. She also helps individuals to lower stress and become cherished, conscious leaders.

She developed creative storytelling earlier in her career. She's met spirited characters working in film editing and production (HBO, CBS, PBS, Annenberg Foundation), written for private clients and publications (USAToday, Huffington Post, Whole Life Times) and trained as an actress and improviser (HB Studio, The Second City, Improvolution). Leveraging her original training as a film and theater director, Jacqueline creates and holds a sacred space for individuals and teams to soar.

Through her company The Soul & Science of Play, she leads clients through interactive team-building processes to boost trust, enhance emotionally intelligent communication, and learn stress reduction tools, all to strengthen their leadership.

She is a HeartMath CertifiedMentor. She attended Northwestern University, is an NYU Tisch School of the Arts graduate, and has also studied at the Drama Therapy Institute of Los Angeles and at the National Institute for the Clinical Application of Behavioral Medicine. [www.jdelibes.com](http://www.jdelibes.com)

## Inessa Zaleski, DD, CMCH, RM



Dr. Inessa Zaleski is the creator of Reikinesis (R) (a revolutionary mind-body method that facilitates profound transformations on all levels), the director of the World Institute of Cognitive Explorations and Research, a doctor of divinity in paranormal studies , and a certified hypnotherapy instructor. She is a successful author and a creator of a vast self-help series of more than 100 recordings that consistently bring rave testimonials. Her works have been published in several well-regarded magazines, been featured in award winning films and best-selling books and she has been a regular presenter at international conventions.

[Http://Calmness.com](http://Calmness.com)

# THANK YOU & ACKNOWLEDGEMENTS

On behalf of the NFBPWC Health Committee, I would like to thank all of our guest speakers for taking the time to share their valuable knowledge with us.

I would also like to thank the Health Committee members, listed below, for their dedication towards developing and executing this event.

And, thank YOU for attending and supporting this event. We hope to bring you more events like this in the future.

*Keri Hess, MPH  
Health Committee Chair*

## **NFBPWC HEALTH COMMITTEE**

Nermin Ahmad

Kaea Beresford

Melinda Bush

Katherine Clevenger-Burdell

Jacqueline Delibes

Chanel Heermann

Trish Knight

Daneene Monroe Rusnak

Susan Oser

Marsha Riibner-Cady

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